



# NEHA NAIR

## PROFILE

A versatile and compassionate professional, I am adept at seamlessly blending the roles of Trainer, Counselor, and Psychologist to foster individual growth and well-being. With a robust background in psychology and counseling, coupled with extensive experience in training and development, I bring a unique skill set to any organizational setting. Passionate about empowering others to overcome challenges and achieve their full potential, I am committed to utilizing my expertise to support individuals in their personal and professional journeys.

## WORK EXPERIENCE

### Child Psychologist

*Jayanil Hospital, Kerala, India (05 October 2022 - 05 April 2024)*

1. Conduct psychological assessments for children and adolescents.
2. Develop personalized treatment plans based on assessments.
3. Provide evidence-based psychotherapy and counseling.
4. Implement behavioral interventions for targeted challenges.
5. Offer support and guidance to families and caregivers.
6. Manage crises and conduct risk assessments as needed.
7. Collaborate with multidisciplinary teams for comprehensive care.
8. Educate patients and families on mental health topics.
9. Maintain accurate documentation of patient progress.
10. Advocate for patients' needs and rights within the healthcare system.

## EDUCATION QUALIFICATION

### Master Of Science - *Clinical Psychology (2020 – 2022)*

Sahrdaya College Of Advanced Studies  
Calicut University, India

### Bachelor Of Arts -Triple Major (2017-2020)

**Psychology, Journalism with Optional English**

T John College  
Bangalore University, India

## INTERNSHIP

Government Mental Health Centre

*(Duration – One Month)*

Thiruvananthapuram, Kerala, India

## CERTIFICATION COURSES

- *Child Development: The First Six Years of Physical Development*- Alison online certification course
- *Basic level training in Person- Centered Therapy* - Institute for counselling and transactional analysis (ICTA)
- *Fully accredited Professional Child Psychology Diploma* - Udemy certification course
- *Counselling Children and Adolescents Accredited Certificate* – Udemy certification course
- *Understanding Child Development and Disabilities* – Alison online certification course
- *Rational Emotive Behavior Therapy REBT Accredited Certificate* – Udemy certification course
- *Basic level training in Counselling skills and Psychotherapy* - Santhwana Institute of Counselling and Psychotherapy
- *Diploma in Positive Psychology* – Alison online certification course
- *Diploma in MS Office* - JTEC computer solutions institute
- *The NLP Confidence and self-esteem break through programme* – Udemy certification course
- *Psychology, Biology and Behavior* – Alison online certification course

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Ernakulam,

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## PERSONAL DATA

Gender : Female

Date of Birth : 11/04/1998

Nationality : Indian

## LANGUAGES

- English
- Hindi
- Malayalam

## SKILLS

- Analytical skills
- Active Listening
- Business ethics
- Commitment to confidentiality
- Communication skills
- Computer skills
- Critical thinking
- Cultural Competency
- Emotional Intelligence
- Ethical understanding and behavior
- Flexibility
- Observation
- Openness to growth
- Patience
- Problem- solving
- Resilience
- Self-awareness
- Teamwork

## PROFESSIONAL SKILLS

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### **Education**

- Provided one-on-one and group counseling sessions for students.
- Evaluated and documented the student progress and behavior, recommending tactics to improve tutoring effectiveness.
- Improved test scores by focusing on reading comprehension through one-on-one tutoring sessions.

### **Program Management**

- Gathered necessary paperwork and applications for students to initiate enrollment process.
- Used data information to monitor students' progress and recommend solutions for improvement.

### **Communication**

- Maintained a positive relationship with students, faculties and administration.
- Conducted community workshops to promote different programs and educate the public on available services as well as mental health awareness.

## ACHIEVEMENTS and AWARDS

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- Certified workshop MS Word and Adobe Photoshop and InDesign
- Research Paper Presentation in T John College
- First and second rank in Psychology Quiz and Drawing competition
- Runner-up in All India Drawing Portrait and Psychology Quiz competition

## DECLARATION

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I hereby declare that all the above-mentioned information given by me is true and correct to the best of my knowledge and belief.

Place: Kerala

Neha Nair